

Athletics

Youth Sports

Blue Ridge Lacrosse Club Grades 2-12

www.blueridgelax.org
blueridgelacrosse@yahoo.com

For program information and registration forms, visit the website or call (434) 420-3718. The mailing address is P. O. Box 12264, Lynchburg, VA 24506-2264.



Central Virginia Volleyball Recreation League Boys and Girls 8-18

www.cvvb.org

Mail-in registration deadline is 5/1

For program information and registration forms, visit the website. The mailing address is CVVB, Inc., P. O. Box 3470, Lynchburg, VA 24503.

Lynchburg Little League Spring 2006 Baseball Ages 5-14

www.lynchburglittleleague.com

For information, visit the website or contact Bob Bailey at bobmbailey@aol.com, or call (434) 444-2324.



Hill City Youth Football and Cheerleading Association

Ages 7-12

www.hillcityyouth.com

Hill City Youth Football and Cheerleading Association offers competitive tackle football and cheerleading for boys and girls. Registration begins 6/1 and practices begin in August. For more information, please visit the Hill City Youth website, or contact any of the team representatives listed below.

Team Name	Contact	Phone
Bass Bulldogs	Sylvia Hobson	(434) 528-5713
Heritage Pioneer Youth	Ingrid Hamlett	(434) 582-4746
Hunton Vikings	Latania Stewart	(434) 426-1160
R. S. Payne	Dierdre Glover	(434) 845-9850
Perrymont Hilltoppers	Steve Dale	(434) 237-7894
Rivermont Raiders	Sydney Johnson	(434) 525-6070

Lynchburg United Soccer (LUS)

www.lynchburg.net/lus
lus@ntelos.net

For information on Lynchburg United Soccer, visit the website or call (434) 846-6540.



Lynchburg Tennis Patrons Association (LTPA)

www.lynchburgtennis.org

For information on Lynchburg tennis, please go to the LTPA website. Tournament registrations are available online.

Rugby Clinic Ages 14 to 18

Learn the game of Touch Rugby from members of the Blackwater Rugby Club! Instructors teach the fun and exciting sport of touch rugby following USA Rugby guidelines. Rugby – Just Try It!

CR \$25; NR \$38

Field TBA – Contact: Maggie Mace

<u>Activity No.</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
31040.201	M-F	7/17-7/21	6-8 pm

James River Canoe Ramp

If you are the owner of a small boat and want to launch your boat from the Lynchburg side of the James River, you're in luck!

On July 1, 2004, the City of Lynchburg officially opened a new canoe ramp for the citizens of Lynchburg. The ramp provides access to the James River from Lynchburg and is a great way to take a short paddle upriver for fishing and recreation. The ramp is also a launching place for longer downriver trips.

The canoe ramp is located at the end of 7th Street, just upriver from Langley Fountain. To get to the ramp, follow 7th Street across Commerce Street, and proceed across the railroad tracks and look for the large sign posted at the top of the ramp. *Please remember that the ramp is only for car-top carried boats; no trailers are allowed.* There are 11 parking spaces allocated for vehicles and the facility is open from dawn to dusk. No fishing, camping, wading or swimming is permitted. Complete canoe ramp rules and regulations are posted onsite, and on the Parks and Recreation website at www.lynchburgva.gov/parksandrec. You can also contact Andrew Reeder, the Parks Manager, by phone at (434) 455-5858 for more information. We hope you enjoy your visit to the James River Canoe Ramp.



Partner Programs



Athletics

RAISE A RACQUET 2006

May is National Tennis Month

Looking for new competition? Contact us at Parks and Recreation and join our players list. Sign up and contact other players to set up matches based on availability. Call in the results and we will post them on our web site. Challenge yourself to play as many people on the list as you want. It's all up to you — can you make it to the top of the list? All skill levels are welcome.

Contact Maggie Mace at (434) 455-5882 or maggie.mace@lynchburgva.gov for more information.



Tennis Fitness Court Challenge Ages 16 & Up

Join us for a one hour workout that improves your stamina and skills on the court. No matter what level player you are, this class helps you get in shape for the summer tennis season. *(Please bring your own racquet to class.)*

CR \$16; NR \$24

Peaks View Tennis Court 1 – Contact: Maggie Mace

<u>Activity No.</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
30009.201	TU TH	5/2-5/25	6-7 pm

Youth Beginners Tennis Lesson Ages 7 to 10

This class is for players with little or no knowledge of tennis. Students learn basic strokes, court positioning and scoring system. Lessons emphasize skill development, fitness and include games and/or match play.

CR \$25; NR \$38

Peaks View Tennis Court 1 – Contact: Maggie Mace

<u>Activity No.</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
31005.201	M W	6/12-6/28	9-10:15 am

Youth Intermediate Tennis Lessons Ages 7 to 10 & 11 to 16

This class is for players already familiar with the basic strokes used in tennis. Special emphasis is placed on court coverage, positioning, and stroke development. Lessons include games and/or match play.

CR \$25; NR \$38

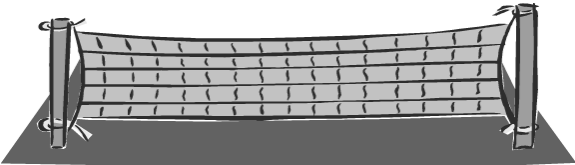
Peaks View Tennis Court 1 – Contact: Maggie Mace

Ages 7 to 10

<u>Activity No.</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
31005.203	TU TH	6/13-6/29	9-10:15 am

Ages 11 to 16

<u>Activity No.</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
31005.204	TU TH	6/13-6/29	10:30-11:45 am



Lynchburg Tennis Patrons Association

Lynchburg Junior Open 7/11-7/13

E. C. Glass High School
Singles \$35 – Doubles \$20

This is a non-sanctioned tennis tournament for youth Singles/Doubles (FMC), Boys and Girls 10, 12, 14, 16 and 18. Registration deadline is noon on 7/7.

Summer Classic Tennis Tournament 7/28-7/30

E. C. Glass High School
Singles \$35 – Doubles \$20

This is a non-sanctioned tennis tournament for adults Singles/Doubles/Mixed (SE), Men and Women A & B levels. Registration deadline is noon on 7/24.



For more information or to register, please visit the LTPA website at www.lynchburgtennis.org.

Directory of Services

Parks & Recreation Main Office: (434) 455-5858

Direct numbers are listed below for your convenience.

Art Program	Elizabeth Ford	(434) 455-5866
Athletics	Maggie Mace	(434) 455-5882
Aquatics	Joanna Nisbet	(434) 455-5884
Challenged Sports Exchange	Barb Franz	(434) 455-5880
Neighborhood Centers (Youth)	Micky Ferguson	(434) 455-5864
Naturalist Program	Laura Rogers	(434) 455-5878
Nature Zone	Laura Rogers	(434) 455-5828
Park Management	Andrew Reeder	(434) 455-5876
Rentals:		
Armory	Tammy Forest	(434) 455-5871
Athletic Fields	Maggie Mace	(434) 455-5882
Aviary	Joel McCormick	(434) 455-5875
Community Centers	Joel McCormick	(434) 455-5875
Miller Park Pool	Joanna Nisbet	(434) 455-5884
Picnic Shelters	Tamara Waldron	(434) 455-5887
Stadium	Joel McCormick	(434) 455-5875
Senior Adult Program	Allyson McSwain	(434) 455-5837
Special Events	Tammy Forest	(434) 455-5871

Visit our web page at www.lynchburgva.gov/parksandrec